

MOVE IN MAY 2021

FREE HEALTH & WELLBEING ACTIVITIES

MON	TUE	WED	THU	FRI	SAT	SUN
Activate your 5-day free membership* from 1 May					1 RPM CYCLE CLASS 7:30 AM - 8 AM	2 BODY BALANCE 10:30 AM - 11:30 AM
3 YOGA 9:30 AM - 10:30 AM MEET THE PHYSIO 10 AM - 11 AM	4 FREE SWIM 7 AM - 9 AM	5 MEET THE OSTEO 10 AM - 11 AM ZUMBA GOLD 11:30 AM - 12:30 PM	6 FAMILY FRIENDLY HIT BOXING 6 PM - 6:30 PM	7 MEET THE PHYSIO 10:30 AM - 11:30 AM BODY PUMP 11:30 AM - 12:30 AM	8 HIT BOXING 9 AM - 9:30 AM	9 BODY PUMP 9:30 AM - 10:30 AM
10 HI ENERGY CIRCUIT 9:30 AM - 10:30 AM MEET THE PHYSIO 10 AM - 11 AM	11 FAMILY FRIENDLY RPM EXPRESS 6 PM - 6:30 PM	12 MEET THE OSTEO 10 AM - 11 AM PILATES 6 PM - 7 PM	13 THT 9:30 AM - 10:30 AM	14 MEET THE PHYSIO 10:30 AM - 11:30 AM BODY PUMP 11:30 AM - 12:30 AM	15 HIT STRENGTH 9:30 AM - 10 AM	16 FREE SWIM 4 PM - 6 PM
17 YOGA 9:30 AM - 10:30 AM MEET THE PHYSIO 10 AM - 11 AM	18 FREE SWIM 7 AM - 9 AM	19 BODY PUMP 9:30 AM - 10:30 AM MEET THE OSTEO 10 AM - 11 AM	20 FAMILY FRIENDLY HIT BOXING 6 PM - 6:30 PM	21 MEET THE PHYSIO 10:30 AM - 11:30 AM BODY PUMP 11:30 AM - 12:30 AM	22 BODY STEP 10 AM - 11 AM	23 BODY BALANCE 10:30 AM - 11:30 AM
24 YOGA 9:30 AM - 10:30 AM MEET THE PHYSIO 10 AM - 11 AM	25 FAMILY FRIENDLY RPM EXPRESS 6 PM - 6:30 PM	26 MINDFULNESS WORKSHOP with NAEMI NATIONAL 11AM - 12PM	27 THT 9:30 AM - 10:30 AM	28 MEET THE PHYSIO 10:30 AM - 11:30 AM BODY PUMP 11:30 AM - 12:30 AM	29 HIT BOXING 9 AM - 9:30 AM	30 BODY PUMP 9:30 AM - 10:30 AM
31 MEET THE PHYSIO 10 AM - 11 AM FREE SWIM 7 AM - 9 AM	<ul style="list-style-type: none"> All participants must be aged 16 years or older (except Family Friendly classes available to persons 13 years & over) Group Fitness classes are subject to availability. We recommend arriving early to secure your spot. *1 per person & must be redeemed no later than 27th May 2021 					

*Subject to availability & changes

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